



Mile Markers

Have a Happy St. Patrick's Day

Santa Fe Striders
PO Box 1818
Santa Fe, NM 87501

March, 1990
Volume 12, No. 3

President's Message:

An open letter to Don Lowrie:

Dear Don,

I read your letter with sadness that you were dropping out of the Striders - not from lack of interest or mere neglect of dues paying, but because at age 80 your knees refused to allow you to continue, and your doctors may not have been thrilled either. But what do they know? I just hope that at your age I can make decisions and still yearn to run. Last year, you mentioned walks; I hope you'll be pleased that a 1 mile (or more?) walk is to be added to the Runaround this June 2 - plan to participate.

As you know, each month the Striders try to arrange a fun event. This usually means a gimmick race; however, someone mentioned that a botanical walk and picnic with you would be a fun day and highly educational for us plant ignorant folks. Let me know if you'd like to do such a thing and when.

Your friend,

Cecil

P.S. I also hope you won't mind staying a Strider, your dues have been covered.

Munchies

Many of us have been known to wolf down a snack or two - between meals, before bed, or constantly. Based on some information I borrowed from the Rocky Mountain Sports Fitness Magazine, I have good news: munch anything you want - just don't swallow! Actually, the magazine indicated that snack foods should have less than 30% of its total calories in fat and over 60% in carbohydrates. Now the bad news: no popular snack food qualifies. The closest was Nabisco Waverly Crackers (you ever eat one of these?) at 39% fat, 57% Carbos.

Chips Ahoy (sob!) 43% fat, 55% carbos
Tortilla Chips (sigh!) 48% & 48%

Orville's Natural Microwave popcorn (good grief!) 57% fat, 40% carbos.

I can't stand to go on. Back to apples, bananas, bran muffins. Happy eating!!

ON WINNING FOR THE FIRST TIME

By: John Carroll Pollak

Few runners race at the front. Fewer still win races outright. For the first and possibly last time I did both in the Pecos Valley Roundup 20K in Roswell last November. At the start several runners and I took the lead. That alone was odd. Believing that I started too fast I deliberately held myself back and waited for the fastest among us to establish themselves before I settled into my place and pace. Nothing happened. Nobody made a move. Feeling strong I took the lead and as is my custom set a brisk but cautious pace. I had to run my race. It is odd to have a pace car with flashing lights clearing intersections seemingly just for you, and for a few moments I had the eerie feeling that a great joke was being played on me, that at any moment loud guffaws of laughter would break-out from somewhere. But once it was clear that, indeed, I was the one to beat I felt obliged to perform as best I could. At the 10K turn-around it was obvious that no one was going to catch me, and so I ran with something like abandon to the finish where, again, something odd happened. In accepting the applause and attention I felt humble knowing that there are so many runners better than me who for any number of reasons did not beat me that day.

March Meeting:

The March meeting will be held March 13 at Susan Rush's house. Her address is 2256 Camino Iris. From Old Pecos Trail, turn onto Calle Espejo, right beside the Townhouse Motel. Go two blocks and turn right onto Camino Iris. Her house is the second or third one. For those wanting to run, be there at 6 pm. The potluck will start at 7 pm, remember that this is close to St. Paddies Day. The meeting will begin around 8 pm.

Baby Stroller Wanted

Stan Grochowski is looking for a baby stroller that he can run with. If you have one for sale or know of one, please call him at 455-3517.

Upcoming Races

There aren't very many races to choose from for the month of March, but here they are:

- March 17 Canyonlands Half-Marathon, 5M Moab, Utah No race day registration! \$12 More info 801-259-8859 or 259-7531
- March 24 March Fun Run 9am see article in this newsletter
- March 25 Sedalia Half-Marathon Sedalia, Mo. 816-826-0147

RACE RESULTS

Champagne Run 5K, early January in Tennessee 50-59 Men, Stan Upchurch, 3rd

Masters Winter Runaround, Feb 18:

2.5 Mile race:

June Dickinson, 1st woman overall, 19:05
Cecil Smith, 2nd 50-54, 17:09

5 Mile race:

Dale Goering, 1st 55-59, 33:29
Kenny Goering, 1st 55-59, 41:46
Jerry Dorbin, 42:46

Valentine's Couples Fun Run, Feb 17

1st Place, June Dickinson-Stan Grochowski, 20 seconds off predicted time.

2nd Place, Cathy Morlock-John Moses, 1 minute, 20 seconds off predicted time.

Most Optimistic, Dale and Kenny Goering, 3:20 over predicted time.

Most Pessimistic, Jim Westmoreland and Diana Best, 2:46 under predicted time.

1st Runner, Jake, the Golden Retriever.

Las Vegas Marathon:

John Carroll Pollak, 2:52:19

Stan Grochowski, 3:07:27

March Fun Run

1st, but hopefully not last,
Annual La Bajada baja

Runners, walkers and bikers, come baja on La Bajada for the March fun run. A 5.5 mile loop or as far as the eye can see (and back). Switchback to the top of the Mesa along the old Albuquerque to Santa Fe roadbed. This will prove quite an adventure as it did in the good old days for motorists in early model cars. Nothing has changed. When you reach the top, pause for a moment - you will need to - and enjoy the magnificent 360 degree views and no trash or beer cans under foot or wheel. Breathe in air so fresh and exhilarating before you continue on a flat dirt road towards the horizon....BYO H2O and brunch/lunch for a picnic by the Mighty Santa Fe River. Depending on the weather forecast, warm clothing or a windbreaker might be a plus. However, racing flats are not recommended.

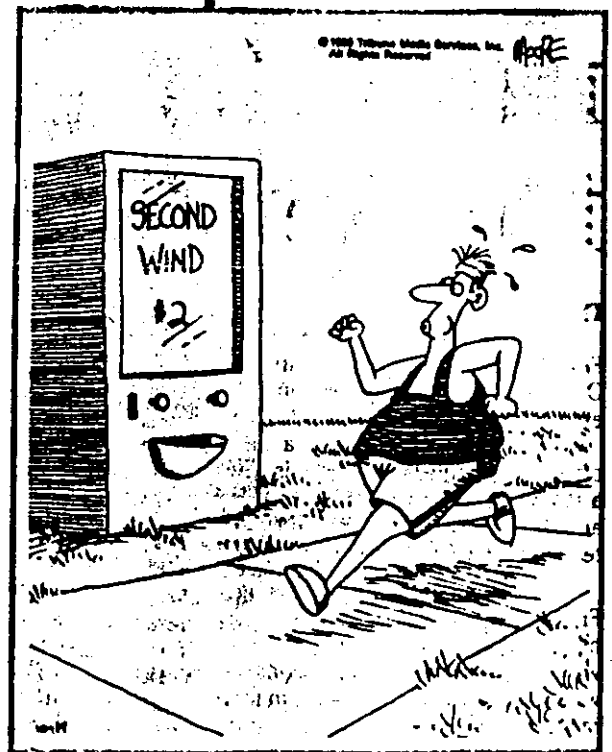
Meet at June Dickinson's, 608 Calle de Valdes at 9:00 am, Saturday, March 24. For more information, directions, etc., call June at 988-3428.

The March issue of Runner's World provided the following nutrition article by Liz Applegate.

Choose unbuttered air-popped popcorn	Instead of buttered popcorn
2 fig bars	2 chocolate chip cookies
unsalted hard pretzels	potato chips
1 power bar	1 chocolate bar
1 bagel	1 doughnut
Ry-Krisp crackers	Ritz crackers
frozen nonfat yogurt	premium ice cream



March Madness is coming!!





Santa Fe, New Mexico 87504
Post Office Box 1818
Santa Fe Striders

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Santa Fe Striders

Membership Application

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Telephone: _____

Enclose \$15.00 for annual dues. Make checks payable to Santa Fe Striders and mail to PO Box 1818, Santa Fe, NM 87504